TeachME Professional Development

Suicide Prevention Guide for Schools

1. Which of the following is a community and societal-level risk factor for youth suicide?

A. Previous suicide attempts
B. Mental health conditions
C. Racism and discrimination
D. Negative family experiences

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2. Which of the following is a myth about youth suicide?

A. Early identification and intervention make it possible to help someone before they attempt suicide
B. Talking about suicide can be a plea for help and it can be a late sign in the progression towards a suicide attempt
C. Asking at-risk individuals if they are suicidal can lower anxiety, open up communication, and lower the risk of an impulsive act
D. Talking about suicide will encourage or trigger the act

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3. Which of the following is a protective factor for the general youth population?

A. Intrapersonal skills and resilience
B. Geographic and social mobility
C. New family relationships
D. Access to lethal means

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4. Identify two of the unique risk factors that LGBTQ+ experience.

A. Limited access to healthcare and poverty
B. Personally significant dates and drug withdrawal
C. Isolation from peers and victimization
D. Acculturation issues and poor educational experiences

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5. Which of the following is true about youth suicide?

A. If a person attempts suicide and survives, they won't try again
B. In most suicide deaths there are warning signs in the individual's behavior or conversations beforehand
C. If a person really wants to commit suicide, there's no way to stop them
D. Suicide attempts and deaths usually happen without warning

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6. American Indian/Alaska Native (AI/AN) experience which of the following unique risk factors?

A. Personally significant dates
B. Isolation from peers
C. Intersectionality
D. Acculturation issues

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7. Maribel has a rough home life. Her mother is absent and her father works three jobs to care for her and her brother. However, Maribel is the editor for the school newspaper, and is also on the soccer team. She also has a close relationship with her journalism teacher, who supports and encourages her. Which protective factors appear to be the most relevant for Maribel?

A. Access to healthcare and resilience
B. Positive relationship with a trusted adult and interests and activities
C. Restricted access to lethal means and family connectedness
D. Cultural continuity and affirming spaces

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8. According to the course, what should a teacher always do if they determine that a student is suicidal?

A. Provide counseling to the student until the crisis passes
B. Promise to keep the conversation confidential so the student keeps trusting them
C. Contact the school's mental health professional and a member of the administration
D. Send the student home so parents can handle the situation

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9. Marcos is a 15-year-old African American transgender youth. Marcos has a great support system but experiences unique challenges due to being transgender and African American. Which of the following describes Marcos' unique challenges?

A. Cultural continuity
B. Lack of affirming space
C. Acculturation
D. Intersectionality

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10. Which of the following is a key risk factor for youth in the juvenile justice or welfare systems?

A. Less access to positive support systems and resources
B. Acculturation issues
C. Lack of affirming spaces
D. Lack of cultural continuity

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11. John is a 13-year-old that has been diagnosed with depression. However, his dad does not believe in “mental health” issues and tells John to get over it. Which two risk factors are most

obviously present in John's situation?

A. Mental health condition and stigma
B. Access to lethal means and previous suicide attempts
C. Negative peer relationships and poverty
D. Suicide imitation and drug/alcohol abuse

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12. Which of the following is true about suicide risk in young children (ages 5-11)?

A. Young children are not capable of the emotional distress that leads to suicidal thoughts
B. Young children can be in deep emotional pain and have a desire to die, but may not fully understand that death is permanent
C. Suicide prevalence among 5-11-year-olds has decreased since 2013
D. Signs of mental health struggles are easier to identify in young children than in teens

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13. What is the overarching goal of universal strategies for suicide prevention in schools?

A. Promote well-being and provide a safe/supportive environment for students and staff
B. Target specific students at-risk and provide intervention
C. Refer students at-risk and teach them SEL skills
D. Provide community mental health resources

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14. What is one of the key protective factors consistent among youth in the system, LGBTQ+ youth, and the general youth population?

A. Affirming spaces
B. Cultural continuity
C. Supportive adult relationship
D. Academic support

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15. Which of the following is part of the school's role in suicide prevention?

A. Having teachers complete suicide risk assessments for students
B. Requiring teachers to provide counseling to students in crisis
C. Limiting discussion of mental health and suicide so students are not triggered
D. Using trauma-informed pedagogy

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16. Bianca's father was recently incarcerated, causing her and her mother to have to find a new place to live. Some peers at school heard about Bianca's dad and spread rumors about her family, making school very unpleasant. Which risk factors are present in Bianca's situation?

A. Lack of access to healthcare and mental health conditions
B. Negative family experiences (separation from a parent and loss of stable housing) and bullying
C. Previous suicide attempts and access to lethal means

D. Suicide imitation and drug/alcohol abuse

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17. Which of the following is an accurate statement about youth and suicide?

A. Young people who talk about suicide are usually just seeking attention
B. Asking a student directly whether they are thinking about suicide increases their risk
C. Suicidal ideation is usually long-lasting and not tied to specific situations
D. There is no one profile for someone who is suicidal; anyone can have suicidal thoughts, including people without risk factors

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18. Universal strategies for suicide prevention target which group?

A. Only students identified as at-risk
B. Students who have previously attempted suicide
C. Everyone in a defined population, such as all students in a school, regardless of risk status
D. Students referred by a parent or guardian

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19. Zachary is in his sophomore year of high school and had previously been a dedicated basketball player. Recently he started skipping practices because he "just doesn't feel like going." He has also made grim posts on social media about being a burden to others. Which warning signs are present in Zachary's situation?

A. Self destructive behavior and making final arrangements
B. Threats and suicide plan
C. Ideation and mood/behavioral changes.
D. Feelings of unbearable pain and threats

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20. Which of the following summarizes some of the key roles that schools play in suicide prevention?

A. School staff is trained to counsel students in crisis and contact parents appropriately.
B. Schools ensure that students have access to mental healthcare.
C. Schools must employ enough mental health professionals to serve students.
D. School staff is trained to recognize warning signs of students at risk and make appropriate referrals.

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